

89. An actuation mechanism for a locking telescoping spring mechanism comprising:

a first locking telescoping spring mechanism wherein said locking telescoping spring mechanism includes a resilient spring material;

a movable actuation button wherein said actuation button is selectively movable from a first locked position to a second unlocked position; wherein depressing said actuation button unlocks said locking telescoping spring mechanism and actuates said locking telescoping spring mechanism allowing said resilient spring material to be compressed; and wherein upon actuation said resilient spring material, if compressed, will resiliently expand unless a sufficient compressive force is applied to said locking telescoping spring mechanism;

B1 a first fulcrum surface; a second fulcrum surface, said actuation button disposed opposite said first and said second fulcrum surfaces; and a first actuation lever, said first actuation lever extending at least from said first fulcrum surface to said second fulcrum surface, and disposed between said actuation button and said first and said second fulcrum surfaces;

wherein said first actuation lever can be moved away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

90. The actuation mechanism of claim 89, wherein said actuation button is disposed between said first and said second fulcrum surfaces; wherein said first actuation lever can be spatially displaced away from said first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism ; and wherein said first actuation lever can be spatially displaced away from said second fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism; and wherein the entirety of said first actuation lever can be spatially displaced away from said first and said second fulcrum surfaces resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

91. The actuation mechanism of claim 90, wherein said first actuation lever includes at least a first protuberance disposed adjacent to said actuation button, specifically opposite at least a first fulcrum surface for bearing of said first actuation lever about said at least first fulcrum surface; wherein said protuberance is formed by increasing at least a first portion of the diameter of said first actuation lever.

92. The actuation mechanism of claim 90, wherein said locking telescoping spring mechanism further comprises a first longitudinal surface longitudinally parallel said locking telescoping spring mechanism; said first longitudinal surface comprising an inside surface facing said actuation button, and an outside surface facing away from said actuation button; wherein said first actuation lever is disposed at least between said first longitudinal surface and said actuation button.

93. The actuation mechanism of claim 92, wherein said first longitudinal surface includes a first enlarged opening, in which said first actuation lever moves, enabling spatial displacement of said first actuation lever away from said first and second fulcrum surfaces.

94. The actuation mechanism of claim 93, wherein said first longitudinal surface is comprised of first and second longitudinal supports.

95. The actuation mechanism of claim 93, wherein said first actuation lever includes at least a first protuberance disposed on said first actuation lever between said first enlarged opening and said actuation button, wherein said protuberance is formed by increasing at least a first portion of the diameter of said first actuation lever, and is disposed such that said at least first protuberance combined with said first actuation lever, exceeds the diametrical width over the length of said first enlarged opening; wherein said protuberance retains said first actuation lever in place between said first and said second fulcrum surfaces.

96. The actuation mechanism of claim 92, wherein said first actuation lever includes a protuberance disposed between said first longitudinal surface and said actuation button, specifically opposite at least a first fulcrum surface, for bearing of said first actuation lever about a first fulcrum surface.

97. The actuation mechanism of claim 93, wherein said first actuation lever includes at least a first handle section disposed outside said first longitudinal surface;

wherein movement of at least said first handle section of said first actuation lever in two directions pivots said first actuation lever about a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

98. The actuation mechanism of claim 97, wherein said first actuation lever includes at least a first protuberance disposed on said first handle section, wherein said protuberance is formed by increasing at least a first portion of the diameter of said first actuation lever, and is disposed such that said at least first protuberance, combined with said first actuation lever, exceeds the diametrical width over the length of said first enlarged opening; wherein said protuberance retains said first actuation lever in place between said first and said second fulcrum surfaces.

99. The actuation mechanism of claim 97, wherein said first actuation lever includes a protuberance disposed on said at least first handle section specifically opposite at least a first fulcrum surface, for bearing of said first actuation lever about a first fulcrum surface.

100. The actuation mechanism of claim 92, wherein said locking telescoping spring mechanism further comprises a second longitudinal surface, longitudinally parallel said locking telescoping spring mechanism and generally opposing said first longitudinal surface, said second longitudinal surface comprising an inside surface facing said actuation button and an outside surface facing away from said actuation button; and wherein said second section of said first actuation lever comprises a second section disposed at least between said first and said second longitudinal surfaces.

101. The actuation mechanism of claim 100, wherein said second longitudinal surface includes a second enlarged opening in which said first actuation lever moves, enabling spatial displacement of said first actuation lever away from said first and second fulcrum surfaces;

wherein said first actuation lever extends from said first enlarged opening of said first longitudinal surface to said second enlarged opening of said second longitudinal surface;

wherein spatial displacement of said first actuation lever away from said first fulcrum surface; spatial displacement of said first actuation lever away from said second fulcrum surface, and spatial displacement of the entirety of said first actuation lever away from said first and said second fulcrum surfaces will result in depressing said actuation button and actuating said locking telescoping spring mechanism; and

wherein movement of said first actuation lever in two directions pivots said first actuation lever resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

102. The actuation mechanism of claim 101, wherein said second longitudinal surface is comprised of first and second longitudinal supports.

103. The actuation mechanism of claim 101, wherein said first actuation lever includes at least a first protuberance on said first actuation lever between said second enlarged opening and said actuation button; wherein said protuberance is formed by increasing at least a first portion of the diameter of said first actuation lever, and is disposed such that said at least first protuberance combined with said first actuation lever, exceeds the diametrical width over the length of said first enlarged opening; wherein said protuberance retains said first actuation lever in place between said first and said second fulcrum surfaces.

104. The actuation mechanism of claim 100, wherein said first actuation lever includes a protuberance disposed between said second longitudinal surface and said actuation button specifically opposite at least a first fulcrum surface, for bearing of said first actuation lever about a first fulcrum surface; wherein said protuberance is formed by increasing at least a first portion of the diameter of said first actuation lever.

105. The actuation mechanism of claim 101, wherein said first actuation lever further includes at least a third handle section extending outside said second longitudinal surface;

wherein movement of at least said third handle section of said first actuation lever in two directions pivots said first actuation lever about a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

106. The actuation mechanism of claim 105, wherein said first actuation lever includes at least a first protuberance disposed on said third handle section, wherein said protuberance is formed by increasing at least a first portion of the diameter of said first actuation lever, and is disposed such that said at least first protuberance, combined with said first actuation lever, exceeds the diametrical width over the length of said first enlarged opening; wherein said protuberance retains said first actuation lever in place between said first and said second fulcrum surfaces.

107. The actuation mechanism of claim 105, wherein said first actuation lever includes a protuberance disposed on said at least third handle section specifically opposite at least a first fulcrum surface, for bearing of said first actuation lever about a first fulcrum surface.

108. The actuation mechanism of claim 90, including a second actuation lever disposed generally orthogonal to said first actuation lever, opposite said actuation button and opposite at least a first fulcrum surface; wherein said second actuation lever can be spatially displaced away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

109. The actuation mechanism of claim 108, wherein said locking telescoping spring mechanism includes at least a third fulcrum surface, disposed generally orthogonal to said first and said second fulcrum surfaces

110. The actuation mechanism of claim 108, wherein said second actuation lever extends at least to said actuation button.

111. The actuation mechanism of claim 109, wherein said second actuation lever is disposed generally orthogonal to said first and said second fulcrum surfaces and extends from said third fulcrum surface at least to said first actuation lever, said second actuation lever disposed opposite said actuation button and said third fulcrum surface; wherein said second actuation lever can be moved away from at least a first fulcrum surface;

and wherein at least a first actuation lever can directly contact said actuation button.

112. The actuation mechanism of claim 111, wherein said second actuation lever is disposed perpendicular to said first fulcrum surface; wherein rotating said second actuation lever will spatially displace said first actuation lever away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

113. The actuation mechanism of claim 111, wherein rotating said second actuation lever will spatially displace said second actuation lever away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

114. The actuation mechanism of claim 110, wherein said second actuation lever extends from said third fulcrum surface to said actuation button, wherein pivoting said second actuation lever about said third fulcrum surface results in depressing said actuation button and actuating said locking telescoping spring mechanism.

115. The actuation mechanism of claim 111, wherein said wherein rotating said second actuation lever in two directions, and pivoting said second actuation lever in two directions, will spatially displace at least a first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

116. The actuation mechanism of claim 109, wherein said second actuation lever includes at least a first protuberance disposed adjacent to said actuation button, specifically opposite at least a first fulcrum surface, for bearing of said second actuation lever about at least a fulcrum surface.

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117. The actuation mechanism of claim 108, wherein said second actuation lever includes at least a first protuberance disposed adjacent to said actuation button, wherein said protuberance retains said second actuation lever in place.

118. The actuation mechanism of claim 100, wherein said locking telescoping spring mechanism further comprises a third longitudinal surface longitudinally parallel said locking telescoping spring mechanism, and disposed generally orthogonal to said first longitudinal surface and said second longitudinal surface, and further comprising an inside surface facing said actuation button and an outside surface facing away from said actuation button; and wherein said second actuation lever comprises a second section disposed at least between said third longitudinal surface and said actuation button.

119. The actuation mechanism of claim 118, wherein said third longitudinal surface includes an opening in which said second actuation lever can rotate and pivot.

120. The actuation mechanism of claim 119, wherein said second actuation lever comprises at least a first handle section disposed outside said third longitudinal surface and extending from said opening of said third longitudinal surface at least to said actuation button.

121. The actuation mechanism of claim 118, wherein rotating said second actuation lever in two directions will spatially displace said first actuation lever away from a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

122. The actuation mechanism of claim 120, wherein pivoting said at least first handle section of said second actuation lever will result in depressing said actuation button and actuating said locking telescoping spring mechanism.

123. The actuation mechanism of claim 119, wherein said third longitudinal surface comprises a third enlarged opening in which said second actuation lever moves, enabling spatial displacement of said second actuation lever away from at least a first fulcrum surface;

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wherein spatial displacement of said second actuation lever away from at least a first fulcrum surface will result in depressing said actuation button and actuating said locking telescoping spring mechanism; and wherein movement of said at least first handle section of said second actuation lever in two directions pivots said second actuation lever resulting in depressing said actuation button and depressing said locking telescoping spring mechanism.

124. The actuation mechanism of claim 123, wherein said third longitudinal surface is comprised of first and second longitudinal supports.

125. The actuation mechanism of claim 118, including a third fulcrum surface disposed generally orthogonal to said first and said second fulcrum surfaces; and wherein said second section of said second actuation lever extends to said third fulcrum surface, and is disposed generally orthogonal to said first actuation lever.

126. The actuation mechanism of claim 123, wherein said second actuation lever includes a protuberance disposed between said third enlarged opening and said actuation button specifically opposite at least a first fulcrum surface, for bearing of said second actuation lever about said third fulcrum surface.

127. The actuation mechanism of claim 119, wherein said second actuation lever includes at least a first protuberance disposed on said second actuation lever between said opening and said actuation button, wherein said at least first protuberance retains said second actuation lever in place between said third longitudinal surface and said actuation button.

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128. The actuation mechanism of claim 120, wherein said second actuation lever includes at least a first protuberance disposed on said at least first handle section wherein said at least first protuberance retains said first actuation lever in place between said third longitudinal surface and said actuation button.

129. The actuation mechanism of claim 123, wherein said second actuation lever includes a protuberance disposed on said at least first handle section specifically opposite at least a first fulcrum surface, for bearing of said second actuation lever about said third fulcrum surface.

130. The actuation mechanism of claim 118, wherein said locking telescoping spring mechanism further comprises at least a fourth longitudinal surface longitudinally parallel said locking telescoping spring mechanism, generally opposing said third longitudinal surface; and wherein said actuation button of said telescoping spring mechanism is disposed between said third and said fourth longitudinal surfaces; said fourth longitudinal surface comprising an inside surface facing said actuation button and an outside surface facing away from said actuation button; and wherein said second section of said second actuation lever is disposed at least between said third and said fourth longitudinal surfaces.

131. The actuation mechanism of claim 130, wherein said fourth longitudinal surface includes an opening in which said second actuation lever can rotate; wherein said second actuation lever extends from said third longitudinal surface to said opening of said fourth longitudinal surface.

132. The actuation mechanism of claim 130, wherein rotating said second actuation lever in two directions will spatially displace said first actuation lever away from a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

133. The actuation mechanism of claim 131, wherein said second actuation lever further comprises at least a third handle section extending outside said fourth longitudinal surface; wherein rotating said third handle section will spatially displace said first actuation lever away from a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

134. The actuation mechanism of claim 131, wherein said fourth longitudinal surface comprises a fourth enlarged opening in which said second actuation lever moves, enabling spatial displacement of said second actuation lever away from at least a first fulcrum surface;

wherein spatial displacement of said second actuation lever away from at least a first fulcrum surface will result in depressing said actuation button and actuating said locking telescoping spring mechanism; and

wherein movement of said second actuation lever in two directions pivots said second actuation lever resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

135. The actuation mechanism of claim 134, wherein said fourth longitudinal surface is comprised of first and second longitudinal supports.

136. The actuation mechanism of claim 134, wherein movement of said at least a third handle section of said second actuation lever in two directions pivots said second actuation lever resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

137. The actuation mechanism of claim 131, wherein said second actuation lever includes at least a first protuberance disposed on said second actuation lever between said opening and said actuation button, wherein said at least first protuberance retains said second actuation lever in place.

138. The actuation mechanism of claim 133, wherein said second actuation lever includes at least a first protuberance disposed on said at least a third handle section wherein said at least first protuberance retains said second actuation lever in place.

139. The actuation mechanism of claim 109, wherein said locking telescoping spring mechanism includes a fourth fulcrum surface disposed generally opposite said third fulcrum surface, said actuation button disposed between said opposing third and fourth fulcrum surfaces; and said second actuation lever extending from said third fulcrum surface to said fourth fulcrum surface and disposed between said actuation button and said third and said fourth fulcrum bearing surfaces;

wherein spatially displacing said second actuation lever away from at least a first fulcrum surface will result in depressing said actuation button and actuating said locking telescoping spring mechanism.

140. The actuation mechanism of claim 108, wherein said second actuation lever is disposed at a different elevation than said first actuation lever.

141. The actuation mechanism of claim 89, including a coaxial cable, said coaxial cable comprising an outer sheath attached to said actuation mechanism, and an inside cable, said inside cable attached to a section of said first actuation lever;

wherein relative movement of said inside cable to said outer sheath, will result in depressing said actuation button and actuating said locking telescoping spring mechanism.

142. The actuation mechanism of claim 108, including a coaxial cable, said coaxial cable comprising an outer sheath attached to said actuation mechanism, and an inside cable, said inside cable attached to a section of said second actuation lever;

wherein relative movement of said inside cable to said outer sheath, will result in depressing said actuation button and actuating said locking telescoping spring mechanism.

143. The actuation mechanism of claim 89, wherein said first actuation lever comprises a tube with first and second ends; wherein at least a first end includes an opening.

144. The actuation mechanism of claim 108, wherein said second actuation lever comprises a tube with first and second ends; wherein at least a first end includes an opening.

145. The actuation mechanism of claim 105, further comprising a ring connecting said first and said third handle sections of said first actuation lever and encircling said locking telescoping spring mechanism.

146. The actuation mechanism of claim 120, further comprising a ring connecting said first and said third handle sections of said first and said second actuation levers and encircling said locking telescoping spring mechanism.

147. The actuation mechanism of claim 134, further comprising a ring connecting said first and said third handle sections of said first and said second actuation levers and encircling said locking telescoping spring mechanism.

148. The actuation mechanism of claim 105, comprising at least two locking telescoping spring mechanisms and a ring connecting first and third sections of said first actuation levers of said locking telescoping spring mechanisms and encircling said locking telescoping spring mechanisms.

149. The actuation mechanism of claim 123, comprising at least two locking telescoping spring mechanisms and a ring connecting first and third sections of said first and second actuation levers of said locking telescoping spring mechanisms and encircling said locking telescoping spring mechanisms.

150. The actuation mechanism of claim 91, wherein said protuberance comprises at least a first cam lobe disposed eccentric to the rotational axis of said first actuation lever, wherein rotating said first actuation lever moves said first actuation lever away from said at least first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

151. The actuation mechanism of claim 116, wherein said protuberance comprises at least a first cam lobe disposed eccentric to the rotational axis of said second actuation lever, wherein rotating said second actuation lever moves said second actuation lever away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

152. The actuation mechanism of claim 96, wherein said protuberance comprises at least a first cam lobe disposed eccentric to the rotational axis of said first actuation lever, wherein rotating said first actuation lever moves said first actuation lever away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

153. The actuation mechanism of claim 99, wherein said protuberance comprises at least a first cam lobe disposed eccentric to the rotational axis of said first actuation lever, wherein rotating said first actuation lever moves said first actuation lever away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

154. The actuation mechanism of claim 104, wherein said protuberance comprises at least a first cam lobe disposed eccentric to the rotational axis of said first actuation lever, wherein rotating said first actuation lever moves said first actuation lever away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

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155. The actuation mechanism of claim 107, wherein said protuberance comprises at least a first cam lobe disposed eccentric to the rotational axis of said first actuation lever, wherein rotating said first actuation lever moves said first actuation lever away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

156. The actuation mechanism of claim 126, wherein said protuberance comprises at least a first cam lobe disposed eccentric to the rotational axis of said second actuation lever, wherein rotating said second actuation lever moves said second actuation lever away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

157. The actuation mechanism of claim 129, wherein said protuberance comprises at least a first cam lobe disposed eccentric to the rotational axis of said second actuation lever, wherein rotating said second actuation lever moves said second actuation lever away from at least a first fulcrum surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

158. The actuation mechanism of claim 89, wherein said locking telescoping spring mechanism comprises a first telescoping section, a second telescoping section, and a resilient spring disposed within said locking telescoping spring mechanism;

wherein actuation of said locking telescoping spring mechanism allows relative movement between said first and said second telescoping sections.

159. The actuation mechanism of claim 89, wherein said telescoping spring mechanism comprises a cylinder section and a piston section.

160. The actuation mechanism of claim 89, wherein said locking telescoping spring mechanism comprises a gas spring comprising; a cylinder; a piston disposed within said cylinder and extending therefrom; and a spring comprising pressurized gas disposed within said cylinder.

161. The actuation mechanism of claim 159, wherein said locking telescoping spring mechanism further includes a stand tube, said stand tube including an opening on at least one end; wherein said cylinder section can move axially within said opening of said stand tube.

162. The actuation mechanism of claim 159, wherein said locking telescoping spring mechanism additionally includes a first tube, said first tube disposed in a telescoping arrangement with said locking telescoping mechanism ; wherein said locking telescoping spring mechanism is included within said first tube.

163. The actuation mechanism of claim 162, wherein said locking telescoping spring mechanism additionally comprises a second tube, said second tube disposed in a telescoping arrangement with said first tube, wherein said locking telescoping spring mechanism is disposed within said first and said second tubes.

164. The actuation mechanism of claim 162, wherein said first tube comprises at least a first longitudinal surface.

165. The actuation mechanism of claim 162, wherein said first tube further comprises a telescoping spring mechanism support, wherein said locking telescoping spring mechanism is attached to said support,

wherein said locking telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

166. The actuation mechanism of claim 163, wherein said second tube comprises at least a first longitudinal surface.

167. The actuation mechanism of claim 163, wherein said second tube includes a telescoping spring mechanism support, wherein said locking telescoping spring mechanism is attached to said telescoping spring mechanism support,

wherein said locking telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

168. The actuation mechanism of claim 162, further comprising a furniture component support, wherein said first tube is attached to said furniture component support and depends axially therefrom.

169. The actuation mechanism of claim 161, further comprising a furniture component support, wherein said stand tube is attached to said furniture component support and depends axially therefrom.

170. The actuation mechanism of claim 168, wherein said furniture component support comprises at least a first fulcrum surface.

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171. The actuation mechanism of claim 90, wherein said locking telescoping spring mechanism further includes a floor contacting base and is supported by said floor contacting base.

172. The actuation mechanism of claim 171, further comprising a furniture component support disposed above said locking telescoping spring mechanism, wherein said furniture component support comprises at least a first fulcrum surface.

173. The actuation mechanism of claim 171, further comprising a furniture component support disposed above said locking telescoping spring mechanism, wherein at least a first actuation lever is supported by said furniture component support.

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174. The actuation mechanism of claim 171, wherein said floor contacting base comprises at least a first fulcrum surface.

175. The actuation mechanism of claim 171, wherein said floor contacting base includes at least a first actuation lever, wherein said at least first actuation lever is supported and retained in place by said floor contacting base.

176. The actuation mechanism of claim 171, wherein at least a first actuation lever extends to a point proximate to said base when said locking telescoping spring mechanism is fully contracted.

177. The actuation mechanism of claim 171, wherein at least a first actuation lever extends to a point proximate to said base when said locking telescoping spring mechanism is fully extended.

178. The actuation mechanism of claim 171, further including a tabletop disposed above said locking telescoping spring mechanism, wherein said tabletop comprises at least a first fulcrum surface.

179. The actuation mechanism of claim 171, further including a chair seat disposed above said locking telescoping spring mechanism, wherein said chair seat comprises at least a first fulcrum surface.

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180. The actuation mechanism of claim 171, further including a tabletop disposed above said locking telescoping spring mechanism, wherein at least a first actuation lever is supported and retained in place by said tabletop.

181. The actuation mechanism of claim 171, further including a chair seat disposed above said locking telescoping spring mechanism, wherein at least a first actuation lever is supported and retained in place by said chair seat.

182. An actuation mechanism for a locking telescoping spring mechanism comprising: a first locking telescoping spring mechanism wherein said locking telescoping spring mechanism includes a resilient spring material;

a movable actuation button wherein said actuation button is selectively movable from a first locked position to a second unlocked position; wherein depressing said actuation button unlocks said locking telescoping spring mechanism and actuates said locking telescoping spring mechanism allowing said resilient spring material to be compressed; and wherein upon actuation said resilient spring material, if compressed, will resiliently expand unless a sufficient compressive force is applied to said locking telescoping spring mechanism;

at least first and second bearing surfaces; said actuation button disposed opposite said first and said second bearing surfaces; and a first actuation lever, said first actuation lever extending at least from said first bearing surface to said second bearing surface and disposed between said actuation button and said first and said second bearing surfaces for bearing of said first actuation lever on said first and second bearing surfaces and said actuation button;

wherein said first actuation lever comprises at least a first cam lobe, wherein said first cam lobe is disposed eccentric to the rotational axis of said first actuation lever, opposite said first and said second bearing surfaces, and opposite said actuation button, wherein said first actuation lever can contact at least a first bearing surface;

wherein at least a portion of said first actuation lever can be moved away from said first bearing surface resulting in depressing said actuation button, and wherein at least a portion of said first actuation lever can be moved away from said second bearing surfaces resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

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183. The actuation mechanism of claim 182, wherein said actuation button is disposed between said first and said second bearing surfaces and; wherein said first actuation lever can be moved away from said first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism; and wherein said first actuation lever can be moved away from said second bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

184. The actuation mechanism of claim 182, wherein said first actuation lever can be spatially displaced away from said first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism and; wherein said first actuation lever can be spatially displaced away from said second bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

185. The actuation mechanism of claim 182, wherein rotating said first actuation lever causes a portion of said first actuation lever to be moved away from said first and said second bearing surfaces causing a portion of said first actuation lever to engage and depress said actuation button resulting in actuating said locking telescoping spring mechanism.

186. The actuation mechanism of claim 182, wherein at least a first cam lobe is disposed adjacent to said actuation button and specifically opposite at least a first bearing surface for rotational bearing on said at least first bearing surface.

187. The actuation mechanism of claim 182, wherein at least a first cam lobe is formed by decreasing at least a first portion of the outside diameter of said first actuation lever.

188. The actuation mechanism of claim 182, wherein at least a first cam lobe is disposed at least specifically opposite said actuation button;

wherein rotating said first actuation lever on said first and second bearing surfaces moves at least a first cam lobe away from said first and second bearing surfaces resulting in at least a first cam lobe depressing said actuation button and actuating said locking telescoping spring mechanism.

189. The actuation mechanism of claim 183, wherein at least a first cam lobe is disposed at least specifically opposite at least a first bearing surface for rotational bearing on said at least first bearing surface;

wherein rotating said first actuation lever on at least a first bearing surface, moves a portion of said first actuation lever away from said first and said second bearing surfaces resulting in depressing said actuation button of said locking telescoping spring mechanism.

190. The actuation mechanism of claim 183, wherein at least a first cam lobe is disposed at least specifically opposite said first and said second bearing surfaces,

wherein rotating said first actuation lever on said first and second bearing surfaces moves of a portion of said first actuation lever away from said first and second bearing surfaces resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

191. The actuation mechanism of claim 182, wherein pivoting said first actuation lever about a first bearing surface, moves said first actuation lever away from a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

192. The actuation mechanism of claim 183, wherein pivoting said first actuation lever about said first bearing surface, and pivoting said first actuation lever about said second bearing surface spatially displaces said first actuation lever away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

193. The actuation mechanism of claim 183, wherein the entirety of said first actuation lever can be spatially displaced away from said first and said second fulcrum surfaces resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

194. The actuation mechanism of claim 183, wherein said locking telescoping spring mechanism further comprises a first longitudinal surface longitudinally parallel said locking telescoping spring mechanism; said first longitudinal surface comprising an inside surface facing said actuation button, and an outside surface facing away from said actuation button; wherein said first actuation lever is disposed at least between said first longitudinal surface and said actuation button.

195. The actuation mechanism of claim 194, wherein said first longitudinal surface includes a first opening.

196. The actuation mechanism of claim 195, wherein said first actuation lever includes at least a first handle section disposed outside said first longitudinal surface and a second section extending from said first opening of said first longitudinal surface to at least said actuation button.

197. The actuation mechanism of claim 195, wherein at least a first cam lobe of said first actuation lever is disposed between said first opening and said actuation button, wherein said cam lobe retains said first actuation lever in place between said first and said second bearing surfaces.

198. The actuation mechanism of claim 196, wherein at least a first cam lobe of said first actuation lever is disposed on at least first said handle section wherein said cam lobe retains said first actuation lever in place between said first and said second bearing surfaces.

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199. The actuation mechanism of claim 194, wherein said locking telescoping spring mechanism further comprises a second longitudinal surface, longitudinally parallel said locking telescoping spring mechanism and generally opposing said first longitudinal surface, said second longitudinal surface comprising an inside surface facing said actuation button and an outside surface facing away from said actuation button; and wherein said first actuation lever is disposed at least between said first and said second longitudinal surfaces.

200. The actuation mechanism of claim 199, wherein said second longitudinal surface includes a second opening in which said first actuation lever can rotate, wherein said first actuation lever extends from said first opening of said first longitudinal surface to said second opening of said second longitudinal surface; wherein rotating said first actuation lever moves a portion of said first actuation lever away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

201. The actuation mechanism of claim 200, wherein said first actuation lever further comprises at least a third handle section extending outside said second longitudinal surface.

202. The actuation mechanism of claim 200, wherein at least a first cam lobe of said first actuation lever is disposed between said second opening and said actuation button, wherein said cam lobe retains said first actuation lever in place between said first and said second bearing surfaces.

203. The actuation mechanism of claim 201, wherein at least a first cam lobe of said first actuation lever is disposed on said third handle section wherein said cam lobe retains said first actuation lever in place between said first and said second bearing surfaces.

204. The actuation mechanism of claim 195, wherein said first longitudinal surface includes an enlarged opening;

wherein rotating said first actuation lever, pivoting said first actuation lever, and rotating and pivoting said first actuation lever results in movement of at least a portion of said first actuation lever away from said first and said second bearing surfaces resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

205. The actuation mechanism of claim 204, wherein said first longitudinal surface is comprised of first and second longitudinal supports.

206. The actuation mechanism of claim 200, wherein said second longitudinal surface includes an enlarged opening;

wherein rotating said first actuation lever, pivoting said first actuation lever in two directions, and rotating and pivoting said first actuation lever in two directions results in depressing said actuation button and actuating said locking telescoping spring mechanism.

207. The actuation mechanism of claim 206, wherein said second longitudinal surface is comprised of first and second longitudinal supports.

208. The actuation mechanism of claim 183, including a second actuation lever disposed generally orthogonal to said first actuation lever, opposite said actuation button and opposite at least a first fulcrum surface; wherein said second actuation lever can be moved away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

209. The actuation mechanism of claim 208, wherein said locking telescoping spring mechanism further includes a third bearing surface on which said second actuation lever can rotate, disposed generally orthogonal to said first and said second bearing surfaces; wherein said second actuation lever extends from said third bearing surface at least to said first actuation lever, said second actuation lever disposed opposite said actuation button and said third bearing surface, wherein said second actuation lever can be moved away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

210. The actuation mechanism of claim 208, wherein rotating said second actuation lever will spatially displace said first actuation lever away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

211. The actuation mechanism of claim 209, wherein rotating said second actuation lever will spatially displace said second actuation lever away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

212. The actuation mechanism of claim 208, wherein pivoting said second actuation lever about said first and second bearing surfaces results in depressing said actuation button and actuating said locking telescoping spring mechanism.

213. The actuation mechanism of claim 209, wherein rotating said second actuation lever in two directions, and pivoting said second actuation lever in two directions, will spatially displace at least a first actuation lever away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

214. The actuation mechanism of claim 209, wherein said second actuation lever includes at least a first cam lobe.

215. The actuation mechanism of claim 214, wherein at least a first cam lobe of said second actuation lever is disposed at least specifically opposite said actuation button; wherein rotating said second actuation lever will cause said cam lobes to depress said actuation button, resulting in actuating said locking telescoping spring mechanism.

216. The actuation mechanism of claim 214, wherein at least a first cam lobe of said second actuation lever is disposed at least specifically opposite said third bearing surface.

217. The actuation mechanism of claim 199, wherein said locking telescoping spring mechanism further comprises a third longitudinal surface longitudinally parallel said locking telescoping spring mechanism, and disposed generally orthogonal to said first longitudinal surface and said second longitudinal surface, and further comprising an inside surface facing said actuation button and an outside surface facing away from said actuation button; and wherein said second actuation lever is disposed at least between said third longitudinal surface and said actuation button.

218. The actuation mechanism of claim 217, wherein said third longitudinal surface includes a third opening in which said second actuation lever can rotate and pivot, wherein said second actuation lever includes a second section extending from said opening of said third longitudinal surface at least to said actuation button.

219. The actuation mechanism of claim 218, wherein said second actuation lever comprises at least a first handle section disposed outside said third longitudinal surface and extending from said opening of said third longitudinal surface at least to said actuation button.

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220. The actuation mechanism of claim 209, wherein said locking telescoping spring mechanism further comprises a fourth bearing surface disposed generally opposite said third bearing surface; wherein said actuation button is disposed between said opposing third and said fourth bearing surfaces, said second actuation lever extending from said third bearing surface to said fourth bearing surface and disposed between said actuation button and said third and said fourth fulcrum bearing surfaces;

wherein movement of said second actuation lever away from at least a first bearing surface results in depressing said actuation button and actuating said locking telescoping spring mechanism.

221. The actuation mechanism of claim 220, including at least a first cam lobe on said second actuation lever disposed at least specifically opposite said fourth bearing surface for rotational bearing of said second actuating lever on said fourth bearing surface.

222. The actuation mechanism of claim 217, wherein said locking telescoping spring mechanism further comprises at least a fourth longitudinal surface longitudinally parallel said locking telescoping spring mechanism, generally opposing said third longitudinal surface; and wherein said actuation button of said telescoping spring mechanism is disposed between said third and said fourth longitudinal surfaces; said fourth longitudinal surface comprising an inside surface facing said actuation button and an outside surface facing away from said actuation button; and wherein said second actuation lever is disposed at least between said third and said fourth longitudinal surfaces;

wherein rotating said second actuation lever results in depressing said actuation button and actuating said locking telescoping spring mechanism.

223. The actuation mechanism of claim 222, wherein said fourth longitudinal surface includes a fourth opening within which said second actuation lever can rotate, and wherein said second actuation lever comprises a second section extending from said opening of said third longitudinal surface to said opening of said fourth longitudinal surface;

wherein rotating said second actuation lever results in depressing said actuation button and actuating said locking telescoping spring mechanism.

224. The actuation mechanism of claim 223, wherein said second actuation lever further comprises a third handle section extending outside said fourth longitudinal surface.

225. The actuation mechanism of claim 218, wherein said third longitudinal surface comprises an enlarged opening;

wherein rotating, pivoting, and rotating and pivoting said second actuation lever away from at least a first bearing surfaces results in depressing said actuation button and actuating said locking telescoping spring mechanism.

226. The actuation mechanism of claim 225, wherein said third longitudinal surface is comprised of first and second longitudinal supports.

227. The actuation mechanism of claim 217, including a third fulcrum surface disposed generally orthogonal to said first and said second fulcrum surfaces; and wherein said second section of said second actuation lever extends to said third fulcrum surface and is disposed generally orthogonal to said first actuation lever.

228. The actuation mechanism of claim 223, wherein said fourth longitudinal surface includes an enlarged opening;

wherein rotating said second actuation lever in two directions, pivoting said second actuation lever in two directions, and rotating and pivoting said second actuation lever in two directions results in depressing said actuation button and actuating said locking telescoping spring mechanism.

229. The actuation mechanism of claim 228, wherein said fourth longitudinal surface is comprised of first and second longitudinal supports.

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230. The actuation mechanism of claim 214, wherein at least a first cam lobe is formed by decreasing at least a first portion of the outside diameter of said second actuation lever.

231. The actuation mechanism of claim 208, wherein said second actuation lever is disposed at a different elevation than said first actuation lever.

232. The actuation mechanism of claim 183, including a coaxial cable, said coaxial cable comprising an outer sheath attached to said actuation mechanism, and an inside cable, said inside cable attached to a section of said first actuation lever;

wherein relative movement between said inside cable and said outer sheath, results in depressing said actuation button and actuating said locking telescoping spring mechanism.

233. The actuation mechanism of claim 208, including a coaxial cable, said coaxial cable comprising an outer sheath attached to said actuation mechanism, and an inside cable, said inside cable attached to a section of said second actuation lever;

wherein relative movement between said inside cable and said outer sheath, results in depressing said actuation button and actuating said locking telescoping spring mechanism.

234. The actuation mechanism of claim 182, wherein said first actuation lever comprises a tube with first and second ends; wherein at least a first end includes an opening.

235. The actuation mechanism of claim 208, wherein said second actuation lever comprises a tube with first and second ends; wherein at least a first end includes an opening.

236. The actuation mechanism of claim 201, further comprising a ring connecting said first and said third handle sections of said first actuation lever and encircling said locking telescoping spring mechanism.

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237. The actuation mechanism of claim 225, comprising a ring connecting first and third handle sections of said first and said second actuation levers and encircling said locking telescoping spring mechanism.

238. The actuation mechanism of claim 228, comprising a ring connecting first and third handle sections of said first and said second actuation levers and encircling said locking telescoping spring mechanism.

239. The actuation mechanism of claim 206, comprising at least two locking telescoping spring mechanisms and a ring connecting first and third handle sections of said first actuation levers of said locking telescoping spring mechanisms and encircling said locking telescoping spring mechanisms.

240. The actuation mechanism of claim 225, comprising at least two locking telescoping spring mechanisms and a ring connecting first and third handle sections of said first and said second actuation levers of said locking telescoping spring mechanisms and encircling said locking telescoping spring mechanisms.

241. The actuation mechanism of claim 183, wherein said locking telescoping spring mechanism comprises a first telescoping section, a second telescoping section, and a resilient spring disposed within said locking telescoping spring mechanism;

wherein actuation of said locking telescoping spring mechanism allows relative movement between said first and said second telescoping sections.

242. The actuation mechanism of claim 183, wherein said locking telescoping spring mechanism comprises a cylinder section and a piston section.

243. The actuation mechanism of claim 183, wherein said locking telescoping spring mechanism comprises a gas spring comprising; a cylinder; a piston disposed within said cylinder and extending therefrom; and a spring comprising pressurized gas disposed within said cylinder.

244. The actuation mechanism of claim 242, wherein said height adjustable column further comprises a stand tube, said stand tube comprising an opening on at least one end; wherein said cylinder section of said telescoping spring mechanism can move axially within said opening.

245. The actuation mechanism of claim 242, wherein said locking telescoping spring mechanism additionally includes a first tube, said first tube disposed in a telescoping arrangement with said locking telescoping mechanism; wherein said locking telescoping spring mechanism is included in said first tube.

246. The actuation mechanism of claim 245, wherein said height adjustable column additionally includes a second tube, said second tube disposed in telescoping arrangement with said first tube; wherein said locking telescoping spring mechanism disposed within said first and said second tubes.

247. The height actuation mechanism of claim 245, wherein said first tube comprises at least a first longitudinal surface.

248. The actuation mechanism of claim 245, wherein said first tube further comprises a telescoping spring mechanism support; wherein said locking telescoping spring mechanism is attached to said support;

wherein said locking telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

249. The actuation mechanism of claim 246, wherein said second tube comprises at least a first longitudinal surface.

250. The actuation mechanism of claim 246, wherein said second tube further comprises a telescoping spring mechanism support, wherein said telescoping spring mechanism is attached to said support;

wherein said locking telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

251. The actuation mechanism of claim 245, further comprising a furniture component support, wherein said first tube is attached to said furniture component support and depends axially therefrom.

252. The actuation mechanism of claim 244, further comprising a furniture component support, wherein said stand tube is attached to said furniture component support and depends axially therefrom.

253. The actuation mechanism of claim 251, wherein said furniture component support comprises at least a first bearing surface.

254. The actuation mechanism of claim 251, wherein said furniture component support includes at least a first actuation lever.

255. The actuation mechanism of claim 183, wherein said locking telescoping spring mechanism further includes a floor contacting base and is supported by said floor contacting base.

256. The actuation mechanism of claim 183, further comprising a furniture component support disposed above said locking telescoping spring mechanism, wherein said furniture component support comprises at least a first fulcrum surface.

257. The actuation mechanism of claim 183, further comprising a furniture component support disposed above said locking telescoping spring mechanism, wherein at least a first actuation lever is supported by said furniture component support.

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258. The actuation mechanism of claim 255, wherein said floor contacting base comprises at least a first fulcrum surface.

259. The actuation mechanism of claim 255, wherein said floor contacting base includes at least a first actuation lever, wherein said at least first actuation lever is supported and retained in place by said floor contacting base.

260. The actuation mechanism of claim 255, wherein at least a first actuation lever extends to a point proximate to said base when said locking telescoping spring mechanism is fully contracted.

261. The actuation mechanism of claim 255, wherein at least a first actuation lever extends to a point proximate to said base when said locking telescoping spring mechanism is fully extended.

262. The actuation mechanism of claim 255, further including a tabletop disposed above said locking telescoping spring mechanism, wherein said tabletop comprises at least a first bearing surface.

263. The actuation mechanism of claim 255, further including a chair seat disposed above said locking telescoping spring mechanism, wherein said chair seat comprises at least a first bearing surface.

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264. The actuation mechanism of claim 255, further including a tabletop disposed above said locking telescoping spring mechanism, wherein at least a first actuation lever is supported and retained in place by said tabletop.

265. The actuation mechanism of claim 255, further including a chair seat disposed above said locking telescoping spring mechanism, wherein at least a first actuation lever is supported and retained in place by said chair seat.

266. An actuation mechanism for a locking telescoping spring mechanism comprising;

a first locking telescoping spring mechanism wherein said locking telescoping spring mechanism includes a resilient spring material;

a movable actuation button wherein said actuation button is selectively movable from a first locked position to a second unlocked position; wherein depressing said actuation button unlocks said locking telescoping spring mechanism and actuates said locking telescoping spring mechanism allowing said resilient spring material to be compressed; and wherein upon actuation said resilient spring material, if compressed, will resiliently expand unless a sufficient compressive force is applied to said locking telescoping spring mechanism;

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a first bearing surface; a second bearing surface; a first actuation lever, said first actuation lever extending from said first bearing surface to said second bearing surface, and from said second bearing surface to said actuation button; wherein said second bearing surface is disposed opposite and between said first bearing surface and said actuation button;

wherein at least a portion of said first actuation lever can be moved away from said first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism; and wherein at least a portion of said first actuation lever can be moved away from said second bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

267. The actuation mechanism of claim 266, wherein said first actuation lever can be spatially displaced away from said first bearing surface and moved away from said second bearing surface, resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

268. The actuation mechanism of claim 266, wherein said first actuation lever includes at least a first cam lobe disposed eccentric to the rotational axis of said first actuation lever, and wherein said first actuation lever is disposed opposite said first and said second bearing surfaces, and opposite said actuation button; wherein said first actuation lever can contact at least a first bearing surface.

269. The actuation mechanism of claim 266, including a third bearing surface wherein said actuation button is disposed between said second and said third bearing surface; wherein said first actuation lever extends from said first bearing surface to said second bearing surface to said actuation button to said third bearing surface;

wherein at least a portion of said first actuation lever can be moved away from said third bearing surface resulting in said first actuation lever depressing said actuation button and actuating said locking telescoping mechanism.

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270. The actuation mechanism of claim 269, wherein said first actuation lever is disposed between said actuation button and said third bearing surface; wherein said first actuation lever can be spatially displaced away from said first and said third bearing surfaces, resulting in depressing said actuation button and actuating said locking telescoping spring mechanism; and wherein said first actuation lever can be moved away from said second bearing surface and spatially displaced away from said third bearing surface, resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

271. The actuation mechanism of claim 266, wherein at least a first cam lobe is disposed adjacent to said actuation button and specifically opposite at least a first bearing surface for rotational bearing on said at least first bearing surface;

wherein rotating said first actuation lever moves a portion of said first actuation lever away from said first bearing surface; and wherein rotating said first actuation lever moves a portion of said first actuation lever away from said second bearing surface.

272. The actuation mechanism of claim 268, wherein at least a first cam lobe is formed by decreasing at least a first portion of the outside diameter of said first actuation lever.

273. The actuation mechanism of claim 266, wherein at least a first cam lobe is disposed at least specifically opposite said actuation button,

wherein rotating said first actuation lever on said second and said third bearing surfaces moves at least a first cam lobe away from said first and second bearing surfaces resulting in at least a first cam lobe depressing said actuation button and actuating said locking telescoping spring mechanism.

274. The actuation mechanism of claim 266, wherein at least a first cam lobe is disposed at least specifically opposite at least a first bearing surface for rotational bearing on at least a first bearing surface;

wherein rotating said first actuation lever on at least a first bearing surface, moves a portion of said first actuation lever away from said first and second bearing surfaces resulting in depressing said actuation button of said locking telescoping spring mechanism.

275. The actuation mechanism of claim 266, wherein at least a first cam lobe is disposed at least specifically opposite said first and said second bearing surfaces,

wherein rotating said first actuation lever on said first and second bearing surfaces moves of a portion of said first actuation lever away from said first and second bearing surfaces resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

276. The actuation mechanism of claim 267, wherein pivoting said first actuation lever about said second bearing surface, spatially displaces said first actuation lever away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

277. The actuation mechanism of claim 266, wherein at least a first cam lobe is disposed at least specifically opposite at least a first bearing surface for rotational bearing on said at least first bearing surface;

wherein rotating said first actuation lever on at least a first bearing surface moves a portion of said first actuation lever away from at least a first bearing surface resulting in depressing said actuation button of said locking telescoping spring mechanism.

278. The actuation mechanism of claim 266, wherein said locking telescoping spring mechanism further includes a first longitudinal surface longitudinally parallel said locking telescoping spring mechanism; said first longitudinal surface comprising an inside surface facing said actuation button and an outside surface facing away from said actuation button; wherein said first actuation lever is disposed at least between said first longitudinal surface and said actuation button.

279. The actuation mechanism of claim 278, wherein said first longitudinal surface includes a first opening in which said first actuation lever can rotate.

280. The actuation mechanism of claim 279, wherein said first actuation lever includes at least a first handle section disposed outside said first longitudinal surface and a second section extending from said first opening of said first longitudinal surface to at least said actuation button.

281. The actuation mechanism of claim 279, wherein at least a first cam lobe of said first actuation lever is disposed between said first opening and said actuation button, wherein said cam lobe retains said first actuation lever in place between said first and said second bearing surfaces.

282. The actuation mechanism of claim 278, wherein said locking telescoping spring mechanism further includes a second longitudinal surface longitudinally parallel said locking telescoping spring mechanism and generally opposing said first longitudinal surface; wherein said actuation button is disposed between said first and said second longitudinal surfaces, said second longitudinal surface comprising an inside surface facing said actuation button and an outside surface facing away from said actuation button; and wherein said second section of said first actuation lever is disposed at least between said first and said second longitudinal surfaces.

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283. The actuation mechanism of claim 282, wherein said second longitudinal surface includes a second opening in which said first actuation lever can rotate, wherein said second section of said first actuation lever extends from said opening of said first longitudinal surface to said second opening of said second longitudinal surface; wherein rotating said first actuation lever moves a portion of said first actuation lever away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism moves.

284. The actuation mechanism of claim 283, wherein said first actuation lever further comprises at least a third handle section extending outside said second longitudinal surface.

285. The actuation mechanism of claim 283, wherein at least a first cam lobe of said first actuation lever is disposed between said second opening and said actuation button, wherein said cam lobe retains said first actuation lever in place between said first and said second bearing surfaces.

286. The actuation mechanism of claim 279, wherein said first longitudinal surface includes an enlarged opening;

wherein rotating said first actuation lever, pivoting said first actuation lever, and rotating and pivoting said first actuation lever results in movement of at least a portion of said first actuation lever away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

287. The actuation mechanism of claim 286, wherein said first longitudinal surface is comprised of first and second longitudinal supports.

288. The actuation mechanism of claim 283, wherein said second longitudinal surface includes an enlarged opening;

wherein rotating said first actuation lever, pivoting said first actuation lever in two directions, and rotating and pivoting said first actuation lever in two directions results in movement of at least a portion of said first actuation lever away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

289. The actuation mechanism of claim 288, wherein said second longitudinal surface is comprised of first and second longitudinal supports.

290. The actuation mechanism of claim 266, including a second actuation lever disposed generally orthogonal to said first actuation lever, opposite said actuation button and opposite at least a first bearing surface; wherein said second actuation lever can be moved away from at least a first bearing surface resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

291. The actuation mechanism of claim 269, wherein said locking telescoping spring mechanism includes at least a fourth bearing surface, disposed generally orthogonal to said first and said second bearing surfaces; wherein said second actuation lever is disposed generally orthogonal to said first and said second fulcrum surfaces and extends from said fourth bearing surface at least to said first actuation lever, said second actuation lever disposed opposite said actuation button and said fourth fulcrum surface; wherein said second actuation lever can be spatially displaced away from at least a first bearing surface; resulting in depressing said actuation button and actuating said locking telescoping spring mechanism.

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292. The actuation mechanism of claim 266, including a coaxial cable, said coaxial cable comprising an outer sheath attached to said actuation mechanism and an inside cable, said inside cable attached to a section of said first actuation lever;

wherein relative movement between said inside cable and said outer sheath, results in depressing said actuation button and actuating said locking telescoping spring mechanism.

293. The actuation mechanism of claim 290, including a coaxial cable comprising an outer sheath attached to said actuation mechanism and an inside cable, said inside cable attached to a section of said second actuation lever;

wherein relative movement between said inside cable and said outer sheath results in depressing said actuation button and actuating said locking telescoping spring mechanism.

294. The actuation mechanism of claim 266, wherein said first actuation lever comprises a tube with first and second ends; wherein at least a first end includes an opening.

295. The actuation mechanism of claim 290, wherein said second actuation lever comprises a tube with first and second ends; wherein at least a first end includes an opening.

296. The actuation mechanism of claim 288, further comprising a ring connecting said first and said third handle sections of said first actuation lever and encircling said locking telescoping spring mechanism.

297. The actuation mechanism of claim 280, comprising at least two locking telescoping spring mechanisms and a ring connecting said first handle sections of said first actuation levers and encircling said locking telescoping spring mechanisms.

298. The actuation mechanism of claim 288, comprising at least two locking telescoping spring mechanisms and a ring connecting first and third handle sections of said first actuation levers of said locking telescoping spring mechanisms and encircling said locking telescoping spring mechanisms.

299. The actuation mechanism of claim 266, wherein said locking telescoping spring mechanism comprises a first telescoping section, a second telescoping section, and a resilient spring disposed within said locking telescoping spring mechanism;

wherein actuation of said locking telescoping spring mechanism allows relative movement between said first and said second telescoping sections.

300. The actuation mechanism of claim 266, wherein said locking telescoping spring mechanism comprises a cylinder section and a piston section.

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301. The actuation mechanism of claim 266, wherein said locking telescoping spring mechanism comprises a gas spring comprising; a cylinder; a piston disposed within said cylinder and extending therefrom; and a spring comprising pressurized gas disposed within said cylinder.

302. The actuation mechanism of claim 300, wherein said height adjustable column further comprises a stand tube, said stand tube comprising an opening on at least one end; wherein said cylinder section of said telescoping spring mechanism can move axially within said opening.

303. The actuation mechanism of claim 300, wherein said locking telescoping spring mechanism additionally includes a first tube, said first tube disposed in a telescoping arrangement with said locking telescoping mechanism; wherein said locking telescoping spring mechanism is included in said first tube.

304. The actuation mechanism of claim 303, wherein said height adjustable column additionally includes a second tube, said second tube disposed in telescoping arrangement with said first tube; wherein said locking telescoping spring mechanism is included within said first and said second tubes.

305. The height actuation mechanism of claim 303, wherein said first tube comprises at least a first longitudinal surface.

306. The actuation mechanism of claim 303, wherein said first tube further comprises a telescoping spring mechanism support; wherein said locking telescoping spring mechanism is attached to said support;

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wherein said locking telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

307. The actuation mechanism of claim 304, wherein said second tube comprises at least a first longitudinal surface.

308. The actuation mechanism of claim 304, wherein said second tube further comprises a telescoping spring mechanism support, wherein said telescoping spring mechanism is attached to said support;

wherein said locking telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

309. The actuation mechanism of claim 303, further comprising a furniture component support, wherein said first tube is attached to said furniture component support and depends axially therefrom.

310. The actuation mechanism of claim 302, further comprising a furniture component support, wherein said stand tube is attached to said furniture component support and depends axially therefrom.

311. The actuation mechanism of claim 309, wherein said furniture component support comprises at least a first bearing surface.

312. The actuation mechanism of claim 309, wherein said furniture component support includes at least a first actuation lever.

313. The actuation mechanism of claim 266, wherein said locking telescoping spring mechanism further includes a floor contacting base and is supported by said floor contacting base.

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314. The actuation mechanism of claim 266, further comprising a furniture component support disposed above said locking telescoping spring mechanism, wherein said furniture component support comprises at least a first fulcrum surface.

315. The actuation mechanism of claim 266, further comprising a furniture component support disposed above said locking telescoping spring mechanism, wherein at least a first actuation lever is supported by said furniture component support.

316. The actuation mechanism of claim 313, wherein said floor contacting base comprises at least a first fulcrum surface.

317. The actuation mechanism of claim 313, wherein said floor contacting base includes at least a first actuation lever, wherein said at least first actuation lever is supported and retained in place by said floor contacting base.

318. The actuation mechanism of claim 313, wherein at least a first actuation lever extends to a point proximate to said base when said locking telescoping spring mechanism is fully contracted.

319. The actuation mechanism of claim 313, wherein at least a first actuation lever extends to a point proximate to said base when said locking telescoping spring mechanism is fully extended.

320. The actuation mechanism of claim 313, further including a tabletop disposed above said locking telescoping spring mechanism, wherein said tabletop comprises at least a first bearing surface.

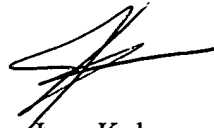
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321. The actuation mechanism of claim 313, further including a chair seat disposed above said locking telescoping spring mechanism, wherein said chair seat comprises at least a first bearing surface.

322. The actuation mechanism of claim 313, further including a tabletop disposed above said locking telescoping spring mechanism, wherein at least a first actuation lever is supported and retained in place by said tabletop.

323. The actuation mechanism of claim 313, further including a chair seat disposed above said locking telescoping spring mechanism, wherein at least a first actuation lever is supported and retained in place by said chair seat.

Applicant invites the Examiner to call the under signed if clarification is needed on any of this response, or if the Examiner believes a telephone interview would expedite the prosecution of the subject application to completion.

Respectfully submitted,



Jean Kyle
Patent Attorney
Registration No. 36, 987
Phone No.: (406) 375-1317
Address : P.O. Box 2274
Hamilton, MT 59840-4274